

FOR RELEASE

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### **Former WWE Wrestler Speaks Out About Long-Term Concussion Risks**

YPSILANTI, Mich. June 10, 2008 — Chris Nowinski used to think a concussion was no big deal, just a little bump on the head. After being diagnosed with post-concussion syndrome in 2003, the World Wrestling Entertainment (WWE) competitor quickly changed his tune.

In the most recent edition of RainbowVisions magazine, a publication of Southeast Michigan-based Rainbow Rehabilitation Centers Inc., Nowinski discusses the risks concussions pose to young athletes.

“When multiple concussions occur over time,” said Nowinski, “athletes may have long-term debilitating symptoms, such as depression, memory loss and headaches.”

Nowinski incurred numerous concussions throughout his eleven years playing contact sports, with some injuries occurring as early as high school. A final blow to the head during a WWE match in 2003 abruptly ended his professional wrestling career.

Since his retirement from the WWE, Nowinski has become an advocate for concussion awareness and prevention. In 2006, he authored the book “Head Games” that examines the risks associated with concussions, especially among young athletes who will often dismiss their symptoms in order to get back into the game.

To read more about Chris Nowinski’s story and to follow his recent advocacy efforts, log on to [www.rainbowrehab.com](http://www.rainbowrehab.com). For a free e-subscription to RainbowVisions magazine, select Education & Publications > Subscriptions.

#### **About Rainbow Rehabilitation Centers Inc.**

Rainbow Rehabilitation Centers Inc. headquartered in Ypsilanti, Michigan has been a provider of rehabilitation services for children, teens and adults with brain injuries since 1983. With more than 30 residential locations, two treatment centers, a NeuroRehab Campus and a vocational center, we offer a broad range of brain and spinal cord injury recovery and rehabilitation services. Our residential settings include adult homes, child and adolescent homes, town houses and semi-independent living apartments. Day treatment and outpatient services are also available.

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